

2025 Community Coaches Clinic Framework

As previously discussed, this is an attempt to improve our clinic such that our audience gets a better opportunity to:

1. Still focus on fundamental instruction, but more on applying it to game situations without compromising the learning of the core skills. Teaching skills in isolation is only part of the process. The goal is for learners to use these skills in game scenarios without them breaking down.
2. At the same time, we aim to combine these skills with some simple “Principles of Play”. Hopefully, this will help the coaches teach players how to better “Play the Game.” This approach applies not only to game situations involving teams but also whenever players want to practice alone or play 1-on-1, 2-on-2, 3-on-3, or any other pickup game with friends.
3. We believe in “Positionless Play” in youth basketball since nobody knows what position players will be in later stages of development
4. Please don’t take offense at the inclusion of “detail”. These are merely suggestions to perhaps assist you in delivering points 1 and 2 above. As experienced coaches, feel free to complete the task as you see fit.
5. We have placed much more emphasis on offense and neglected the defensive teachings. We have provided extensive details about the offense, which is the most enjoyable part of basketball for most young players. The youth coaches have very little time to practice, often only once a week in the Night League, making it difficult to teach much at all. Therefore, we focused mainly on offense. The last section (6) briefly tries to address defense.

1. Developing Athleticism

A proper athletic stance is the foundation of efficient movement. Understanding its elements helps coaches, parents, and athletes practice and develop the skills needed to achieve the position naturally during sports activities.

The basics of an **Athletic Stance** are as follows:

- Feet hip-width apart to shoulder-width apart. Weight is distributed evenly through both feet.
- Quarter-squat position. **Nose inside toes.**” Nose in front of your toes,” or you cannot move. Toes dig in to keep you from falling forward if your nose gets too far in front of your toes.
- Center of gravity is directly above the base of support. A well-balanced position is vital
- Shoulders level.
- Torso flat and slightly bent at a 75-degree incline.
- All joints to be **Loose**. A player can only move quickly if there is “No Tension” in the body.
- Eyes are up so that a player sees as much of the court as possible.

1.1 Running Mechanics

Teach Children the basics

Teach these basic mechanics (to players ages 7 years and older) without lecturing them on human anatomy. Simply coach them through the movements **while they run**:

1. Stand opposite the player and explain that you will run together on the spot to practice fast running.
2. Begin by jogging slowly with the player on the spot, and make sure they are facing you.
3. Point out and make sure that the elbows are bent at 90 degrees.
4. Talk to the player(s) about lightly gripping a small bird in each hand. Hands should be more or less “closed” but not tight.
5. Tell players to pump their hands from “hip to lip” (see mechanics above). Demonstrate the movement and make sure they are doing the same.
6. Start to speed up your movements slightly. Bring your knees up high. Ask the players to bring their knees up high as well.
7. Finally, ask the player(s) to run very fast on the spot for five seconds (as if they are running a race).
8. Watch their movements as they speed up. Please provide them with reminders as needed (e.g., keep your head still, bend your elbows, pump your knees to your hips).

9. **High Knee Drills:**

Practicing high knee lifts helps improve leg drive and stride length.

10. **Ladder Drills:**

Using a ladder on the ground can help improve coordination, rhythm, and foot placement.

11. The 30–20–10 workout is an effective training method for runners of all levels with busy schedules. It involves starting with a warmup, followed by 30 seconds of slow running, 20 seconds of moderate-paced running, and 10 seconds of sprinting. Repeat this 3-5 times. Then take a break of 1 to 4 minutes.

12. With all drills, emphasize Balance Before Speed, and Technique Before Speed.

13. If you teach players and athletes this way, their eyes will see what proper sprinting looks like, their bodies will learn how it feels, and their ears will hear verbal cues to help them remember key parts of the technique.

1.2 Stopping Mechanics

1. Quick Stop or Jump Stop

Begin by having the player step once with his or her right foot and quickly hop into an athletic stance. Then, have them step with their left foot and immediately hop into an athletic stance. Emphasize that this is a quick stop, so reduce the time spent in the air during the hop.

Then go to two steps and stop, going both right and left. Gradually increase the speed at which the player runs.

Have the player(s) take a ball and spin it out in front of them. Then catch it on a quick stop facing the basket. Do this going both left and right. Teach the concept of “ball in the air, feet in the air”. The player should then be able to face the basket as they catch the ball.

Progress to **jogging** towards the catch and quick stopping to a position facing the basket. The ball should be in a **Triple Threat Position**. The triple-threat

position is simply an athletic stance with the basketball. Players should keep the ball in contact with their body to be **Strong with the Ball**.

The player is now in a **Triple Threat Position**, namely an **Athletic Stance with the Ball Facing the Basket**. From this position, a player can **Shoot, Pass, or Dribble**.

Note that the Quick Stop cannot be used at high speeds because it has only one contact point with the floor. Therefore, it is very difficult to stop safely at high speeds while maintaining optimal balance. However, the Quick Stop is still very useful at slower speeds, as it allows either foot to be used as a Pivot Foot.

2. One Two Stop

When running at high speed or moving quickly, it is hard to stop quickly and maintain balance with a sudden stop; a better approach is a one-two stop or a two-count stop. This involves two contact points, which help a player slow down their forward momentum. The first foot to land is usually the one closer to the middle of the floor, known as the split line. Therefore, the player's right foot goes down first when moving to their left, and the left foot goes down first when moving to their right.

When dribbling, the first foot landing on a **one-two** stop becomes the player's pivot foot.

Use the same leadup drills used in the quick stop/jump stop, to teach the 1- 2 Stop.

.3 Changing Direction

1. Have players run backwards following a quick stop and/or One-Twp stop.

2. Have players change direction while running forward. The player should plant the foot opposite the direction they want to go, with their knees bent. Then swivel hips and shoulders, and step with the inside foot in the new direction. Drive arms through while exploding in the new direction.
3. In terms of changing direction, start by walking, then jogging, then running. This progression will gradually improve quickness.

1.4 Jumping

Teach the movement of thrusting the arms in the air with an explosive extension of the knees and ankles. This adds significant upward momentum to the jump. Ask the athletes to jump using just their legs and ankles. Then ask them to incorporate their arms and see how much higher they can lift.

1.5 Pivoting- stepping with one foot while keeping the other foot (the pivot foot) planted on the floor.

Teach pivoting off both a quick stop (any foot can be used as a pivot foot) and a two-count stop. Emphasize that on the One-Two stop, the first step down becomes the pivot foot. Then, teach the front pivot and the rear pivot.

2. Offensive Skills

2.1 Dribbling

Balance Before Speed, and Technique Before Speed.

1. Stationary
2. Speed
3. Control

4. Changes of Direction (Short Step - Explosive Long Step)
5. Crossover
6. Between the Legs
7. Behind the back
8. Spin
9. Combinations
10. Inside Out

2.2 Passing and Catching -

Emphasize:

1. Pass Away from the Defense
2. Passing Window by the defense
3. No arc on the pass, unless a lob pass
4. The receiver should give the passer a target hand
5. Ball in the Air - Feet in the Air - if possible, players should face the basket on landing. Otherwise pivot to face the basket. Be on BALANCE.
6. Receiver should "see" the ball into his/her hands and catch it with two hands.
7. Receiver should quickly pull the ball into his/her body and be strong with the ball.

Types of Passes

1. Chest pass
2. Push pass (both hands)
3. Bounce Pass Overhead Pass
4. Passing by a Defender.
5. Fake up pass down - Fake down pass up
6. Passing to a moving teammate
7. Passing on the dribble (No one-hand only passes off the dribble)

2.3 Shooting

2.3.1 Layups

1. Teach progressions from all angles. Start with the 45-degree angle, which is the easiest. Aim high inside the square. The ball should be descending when it hits the square,
2. The goal for every player is to be able to make layups at high speeds eventually.

2.3.2 Perimeter Shots

1. From an athletic stance, a player should bring the ball into a triple threat position with the ball on the hip of the hand that he/she shoots with. Sight the target over the front of the rim (unless shooting a bank shot, with the player aiming at the top corner of the square and trying to have the ball on its downward flight as it hits this point). From here, bring the ball into shooting position. The elbow should be under the ball, the wrist of the shooting hand cocked, and the knees should extend as the shooter lifts the ball up. Lift and extend the elbow and snap the wrist, with the shooting fingers of the shooting hand comfortably spread, the ball is shot in one smooth motion, with most of the power for the shot coming from the legs. Jumping in the air to provide power for the shot is encouraged.
2. Shooting off the catch after a quick stop or a 1-2 stop (ball in the air- feet in the air)
3. Shooting off the dribble using a quick stop or a 1-2 stop

2.4 Rebounding

Agile, Mobile, Relentless

1. Players should move quickly to the area they think the ball will land.

2. The player should jump as high as possible and catch the ball with arms extended at the height of their jump. Pull the ball into your chest area (ideally with two hands) and land in an athletic stance.
3. Long shots rebound long.
4. Short shots land short
5. If in a tussle for the ball, a player can drop his/her shoulder onto the top of the ball and tear it away from the opponent in one motion, using his/her shoulder, arm, and hand.

2.4.1 Defensive Rebounding

1. Players can create rebounding space in front of them by blocking out their opponent in order to claim the rebound. Ideally, a player should always try to block his/her opponent outside of the key.

Block out technique

Perimeter Players

1. Players should be in a “ball-you-man” or denial stance away from the ball. Keep your vision on the ball and your man as he/she approaches the key. If he/she cuts low, pivot rearward into his/her body with a wide stance, elbows pointing outward from the shoulders, hands extended straight up in a powerful, athletic stance. Be ready to explode up to rip the ball out of the air with two hands. Land in an athletic stance, with the ball contacting your chest, elbows out, and the ball protected. Be ready to pivot to the outside to make an outlet pass.
2. Same position and situation as above, but this time the opponent cuts high toward the middle of the court. Now, the defending player front pivots into the opponent’s path and goes to secure the ball. Be ready to pivot to the outside to make an outlet pass.

3. Players must always be prepared to make second and third efforts to get the ball.
4. If inside the key, players can use a Rear Pivot into a blockout position (same as perimeter position above). Get low and do not get pushed under the basket. Fight to maintain the rebounding space in front of you.
5. Slowly build up the physicality necessary to be a strong rebounder. Show players how to enjoy contact and utilize it to their advantage.

Post Players

1. Once the rebound is secured, pivot to the outside and look to complete an outlet pass to a teammate.

Shooter

1. After contesting the shot, land on balance, then hop away from the shooter into a “ball you man” position. Then execute a perimeter blockout as usual. If the shooter cuts to the outside, rear pivot into the blockout and pursue the ball.

2.4.2 Offensive Rebounding

1. The offensive rebounder should anticipate the shot and beat the defender to a good rebounding position. Then pursue the ball.
2. The offensive rebounder should NOT let the defensive player get to his/her body. Keep him/her away by moving your feet and arms to prevent them from making contact.
3. When pursuing the ball, fake in one direction and go the other.
4. If necessary, the offensive rebounder should plant his/her foot and spin off the defender’s body.
5. If blocked out, pick one side and try to get your arm over the defender’s arm so that you can legally prevent them from jumping.

6. If in the weakside low position, the offensive rebounder should try to wedge his/her opponent under the rim in the middle of the key, as missed long shots from the opposite side of the court usually rebound long.

3. 1 on 1 play

3.1 Off the Catch

1. Offensive players **MUST** constantly read their defender and “**play against the defense**”. (ie **read** the defense and **react** to attack it)
2. Offensive players should always aim to catch the ball in an athletic stance, in their scoring range.
3. Coaches must **Teach**, and players must **Learn**, the L cut and the V cut to get open.
4. An offensive player must assess quickly exactly where his/her defender is when he/she catches the ball.
5. Players should use various pivots to face the basket.
6. Players must keep the ball away from the defender, usually on the hip of the pivot foot. Don't WASTE the opportunity by immediately dribbling to little effect. Use a “live” dribble to attack!
7. All players should be encouraged to play as much 1 vs 1 as possible.
8. **Jab Step: A quick 6-inch step at the defender combined with a fake dribble! Maintain your balance. Read how the defender reacts! You may have one of the following options.**
9. Jab and Go (minimum number of dribbles to the basket)
10. Jab and Cross over
11. Jab and Shoot

12. Use of Shot fakes

13. Rocker Step

3.2 1on1 off the dribble

1. Players must always try to face the basket when dribbling. Eyes must be up to see every player on the court and the basket. Protect the ball with your body and free arm if the defender pressures.
2. Learn to use all changes of direction to attack your defender. The player's goal is to beat his or her defender off the dribble to create a path to the basket and prevent the defender from recovering. Play with maximum quickness while staying in control.

4. 2 on 2

1. As part of a 2-man team, players should learn to play out of the following alignments: two guards on top, a point and a wing, a wing and a corner man. All the actions described below can operate out of these alignments.
2. Spacing is now very important. As a general rule, offensive players should stay 12 to 15 feet apart to ensure the defenders have to guard both their men and have difficulty helping on the ball. The ball handler should constantly look to attack the defender guarding the ball, trying to score a layup by driving at the front of the rim.

4.1 Pass and Cut - Give and Go

The player without the ball gets open in their scoring range and provides a target for their partner to make a crisp pass to them. On delivering the pass to his/her partner, the player should cut quickly, in the same motion as the pass is made. (ie, before his/her man jumps to the ball).

1. The passer's first step with the inside foot must be explosive and ideally is directly towards **the front of the rim**. (This way, when he/she arrives at the rim, he/she can finish on either side of it.) Ideally, the first step cuts off the defender so he/she can't recover. The cutter must aim to get his/her shoulder and target hand to the defender's hip, while giving a target with the inside hand.
2. The receiver must be prepared to make a quick pass to a quickly moving cutter. The most dangerous offensive player is the one who just passed the ball, because his/her defender is closest to him/her.
3. The cutter catches the ball and makes the layup.
4. If the play is defended and the cutter does not have a layup, he/she just dribbles out and continues to play 2 on 2.
5. Coaches should teach the above actions 2 on 0, with guided defense, then at half speed, then at full speed. Then go live.

4.2 Drive to Create a quick basket or a 2 on 1

If the ball handler drives towards the help side defender, and the defender slides over to stop the layup, the other offensive player now must create an easy passing angle for the ball handler to make a pass. Upon receiving the pass, the player must be "shot ready" or balanced enough to attack off the dribble. Coaches must take time to teach the principles of "**Draw and Kick**" with two perimeter players.

4.3. Draw and Kick for a Layup

1. If the help defender is below the foul line and slides over to attempt to stop the layup, the offense has created a 2 on 1 situation. (two defenders defending the ball, leaving one open man.) It is essential that offensive players immediately read a **2 on 1 as it develops. The open offensive player must try to get a 45 degree cut to the basket, slightly trailing the man with the ball, so he/she is open for a simple drop of pass for a layup at the easiest scoring angle. The driver must come under control and make a simple flip pass or bounce**

pass to the cutter for an open layup. The passer must come to a quick stop so as NOT to charge the helping defender.

2. Coaches should drill 2 on 1 situations from different spots on the floor where two offensive players attack 1 defender who helps off the offensive player without the ball to prevent the ball handler from finishing his layup.
3. This is a foundational play for all offenses, from fast-break situations to half-court scenarios. Players at all levels should learn to recognize 2 1 situations to create layups and other high-percentage shots. This is the first stage of **Draw and Kick Basketball**.

4.4 Draw and Kick Up

1. If the offensive player's side is too high (i.e., level with the foul line and on the 3-point line) to easily create a layup, and as his/her defender slides low to help against the ball, this player may kick up towards the ball and loop behind for an easy pass. He/she can then curl to the basket for a layup or stop for an open shot.
2. Once again, the cutter and the ball handler create a 2-on-1 situation. If the cutter curls and attacks the basket, and his/her defender trails or is caught behind, the dribbler and cutter may have a 2-on-1 against the initial ball handler's defender. The offensive players must recognize and exploit the 2-on-1.

4.5 Dribble Hand Off

1. The ball handler dribbles toward his or her teammate. If the off-ball defender is in a denial stance, the teammate takes one or two quick steps toward the ball and, if denied, makes a sharp change of direction into a Back Door Cut. The ball handler passes to the cutter for an open lay-up. As with all 2-2 sequences, coaches should demonstrate and teach them without defense, then with guided defense, and finally with live action.
2. If the partner is not being denied, he or she takes one or two steps away from the ball, then makes a sharp plant and cuts toward the ball to receive a handoff. The idea is to create a 2-on-1 with the handoff man against his or her defender.

Ideally, the cutter can turn the corner and drive for a layup. The handoff pass is crucial. It's a simple flick in the air, just off the hip, caught by the cutter.

3. As the cutter turns the corner with the ball, he/she reads the situation. Scenarios will include a layup, a shot, a 2 on 1, or dribbling the ball out and continuing to play 2 on 2.
4. If the cutter's defender goes under the handoff, the cutter stops right at the top of the handoff and can then play "Peekaboo" with his or her defender. If the defender shows on one side of the handoff, the ball handler drives toward the other side. The teammate who handed off the ball must stay perfectly still and read what the defenders do. Scenarios may include a layup, a shot, a 2-on-1, or dribbling out and continuing to play 2-on-2.
5. Again, practice 2 on 0, rehearsing the above scenarios, then with guided defense, then with live defense.

4.6 Cross

1. The two offensive players run a crossing action to run their defensive players into each other. Whenever the offensive players can run two defenders together, they create a significant advantage.

5. 3 on 3

1. All the actions and spacing used in 2-on-2 can be incorporated into 3-on-3. With another player, it is necessary to reinforce the basic pass, cut, and various other added actions.
2. The three offensive players position themselves with a point guard and two wings. The point guard has the option to pass to either wing. The wings should get open using a V cut or an L cut. The point guard can fake a pass to one wing; as his defender reacts to the fake, he can quickly pass to the other wing. Then, he can make a quick cut to the basket for a give-and-go layup.
3. However, when a player passes and cuts to the basket from the top, the open point position must be filled (A Fill Cut) by the weak-side wing to reverse the ball

successfully. The initial cutter, if not open for a layup, can now run a fill cut to the weak-side wing, with the newly established point again having two receivers to choose from.

4. If the initial cutter to the basket doesn't get the ball, they can also choose to cut to the ballside corner. This gives the wing player now in possession of the ball two passing options. If they pass to the player in the ballside corner, the passer then cuts to the front of the rim (give-and-go). If the cutter does not receive the return pass for a quick basket cut to fill the weakside corner, they can choose to do so. The play then continues.

5.1 Pass and Screen Away

1. If the initial ball handler passes from the point to the wing, he or she may choose to screen away for the other wing. The screener should take two quick steps away from the defender they plan to screen, then change direction and move very quickly to set the screen. If denied, he or she explosively changes direction into a back cut for a possible open layup.
2. Ideally, the cutter always wants to lose his/ her defender before receiving the screen, to create space away from his defender and to create a possible 2-on-1 against the screener's defender.
3. In a screening situation, one of the two players involved always cuts to the basket while the other pops open for a possible shot.

The passer cuts away to set a screen for the weakside wing.

1. Seeing this, the weakside wing takes his/her defender a quick one or two steps away, plants, and then changes direction to come and use the screen. Players must never forget to assess and "play against the defense." What the defense does in the screen-away action will determine what options the offensive players should choose.
2. Offensive players should cut shoulder to shoulder off the screen to lose their defender. If the defender trails as the offensive player comes off the screen, or if the defender is screened, the offensive player must now read the situation to

determine options. These can include a path to the basket for the cutter off the screen for the layup or shot, or a pop for the screener.

3. If the screener's defender switches to take the cutter, the screener can "slip" to the basket while the cutter pops for a possible shot.
4. If the defender goes under the screen, the cutter can pop behind the screen for a potential shot, with the screener cutting to the basket. In every screen-away action, there is always a popper and a cutter.
1. If the screen-away action is unsuccessful, the cutter fill cuts to the open perimeter spot to keep the floor balanced,

5.3 Pass and Cut, then Screen Away

1. If the point passes to a wing and cuts to the basket but does not get a return pass, he can choose to fill towards the weakside wing.
2. After arriving at a jump stop, he/she sets a screen for the weakside wing outside the foul lane. The weakside wing quickly moves his/her defender a step or two toward the ball, then cuts off the screen to the basket. If the cutter fakes high, he/she then explodes low to cut off the screen. If his/her defender stays on the low side, he/she cuts on the high side of the screen. The cutter always aims to cut to the front of the rim. The screener may then pop high or low for a shot.
3. If the defenders switch, the screener should seal the defender on their back (just like a defensive blockout) and may have a layup opportunity.
4. Passers must learn all reads and passing options.

5.4 Down screen Wing to Corner

1. When the wing has the ball and the corner and point positions are filled, the wing may pass to the point and down screen for the player in the corner. As the wing approaches, the player in the corner makes a quick fake towards the basket, then changes direction with an explosive step and curls to the basket off the screen. The screener then pops for a possible shot. If the defenders switch, the screener cuts to the basket, and the cutter pops for a possible shot.

2. Under either cut and screen scenario, if nobody is open, the three players can reset and start a new series.

5.5 Any other Screen Away Actions

I have not included screen actions on the ball (pick and roll) for the U11 and U13 levels, as this play only involves two players. In games with lower levels, three players are often left standing around.

In certain situations, screen actions on the ball (pick and roll) may be added at U15 level.

Note that, in an open post offense, there are five perimeter spots on the floor: a point, two wings, and two corner spots. However, all rules and reads related to 3-on-3 play will be in effect. Fill cuts to keep the floor balanced will be important.

6. 5 on 5 Offense

We now have the components to build a simple 5-on-5 offense, consisting of 1-on-1, 2-on-2, and 3-on-3 game elements. Please use these play elements, along with your individual skills, to develop a straightforward system. This will help your team combine the elements you've reviewed today into an offense that everyone understands how to analyze and practice.

7. Defense

1. "Defence is like breathing; you have to do it every day!!"
2. Requires a strong attitude, a positive mindset, superior fitness levels, and effective communication. Aim to be "Hard to Play Against."
3. Develop sound habits—balance before speed, Technique before speed.

4. An athletic stance can reasonably transition into a defensive stance, whether it is on the ball or off the ball.
5. Teach the concept of “5 defenders working together to guard the ball.” Each player has a specific role in accomplishing this. On offense, a player should “play against his/her man.” On defense, players, both individually and as a team, guard the ball.

7.1 1on1 Defense

1. **On-ball Defense:** “Guard the Yard”. Win the first step battle vs an opponent. The defender should stay between his/her man and the basket. When an opponent faces the basket, he/she can only attack with the non-pivot, or jab, foot.
2. Therefore, the defender should straddle the jab foot in an athletic, defensive stance. Then hop straight back versus any jab step. Hop back versus the jab step. Do not move laterally!
3. The on-ball defender should first be ready to contest his/her opponent’s shot.
4. If the ball handler then looks to attack the basket off the dribble, the defender should step with their corresponding foot, pointing their toe in the direction of the dribble, while pushing explosively off their back foot. Moving like a crab, the defender must keep both feet moving simultaneously in a defensive shuffle or slide.
5. Defenders must focus to maintain their balance, stay in stance, and avoid leaving their feet when the attacker makes a jab step, shot, or pass fake.

7.2 2 on 2 Defense

1. As a two-man team, one player guards the ball while his/her teammate defends the off-ball player. Communication is crucial. This starts with the off-ball defender constantly and specifically providing information and assistance to the on-ball defender.
2. The off-ball defender always has two jobs: to cover their man and also help their teammate guard the ball. They must constantly see their man and the ball. Off-

ball defenders must understand positioning to provide optimal support to their teammate guarding the ball.

3. Depending on the location of the ball on the court, an off-ball defender will be either one or two passes away from his or her teammate guarding the ball.
4. An off-ball defender should be positioned as the third point in a triangle, either one or two passes away, and in a “ball-you-man” stance. As always, early communication between the two defenders is essential.
5. As a general rule, if the ball handler beats his/her man toward the basket, the off-ball defender must quickly slide over to contain this dribble penetration outside the key, to prevent a layup or other high percentage scoring opportunity. If necessary, the off-ball defender may call out “Switch”, in that the two teammates can promptly move to their new checks.
6. Whenever a pass occurs, the two defenders must “jump to the ball”. The defender guarding the passer moves quickly in the direction of the pass. He/she must never let his/her man cut between him/her and the ball (known as a “ball cut”), as this opponent will likely be in position for an easy basket. The new on-ball defender gets into position on the ball, in an athletic, ready stance.
7. If the offensive player with the ball is on one wing and his/her teammate on the other, the off-ball defender may be considered to be two passes away. In this situation, the off-ball defender can likely “jump to the ball” and take up a position in the middle of the court to provide optimal support to their teammate.
8. Each pass introduces a new challenge in guarding the offensive player with the ball and providing “help side” defense. Coaches must teach players how to defend the various two-man actions as needed.

7.3 3 on 3 Defence

1. All 1-on-1 and 2-on-2 defensive rules must be introduced before graduating to 3 on 3 (or eventually 4 on 4 and 5 on 5).
2. With a third offensive player now involved, the principles and techniques of defending off-ball screens may be taught.

3. Once again, early and clear communication is key. The defender guarding the screener must alert his/her teammate that an off-ball screen is about to happen. (e.g., "Screen right, Jimmy!")
4. The offensive player setting the screen must be set. He/she cannot move laterally as the screen is set. The defender being screened should not allow the screener to make contact with their body. Instead, moving freely, this defender can attempt to cut over or go under the screen, perhaps with the assistance of his/her teammate guarding the screener.
5. The two defenders (the player being screened and the player guarding the screener) may switch their checks. In doing so, the two defenders should deny both offensive players the opportunity to catch the ball.
6. Players should go through all screening situations at walking pace, in order to understand the necessary rules and techniques for defending all off-ball screen options.
7. Increase speed and physicality once techniques have been practiced and understood.
8. All off-ball screen techniques will apply similarly to 4 on 4 and 5 on 5.

I am indebted to Ian Hyde Lay for his stellar assistance in the development of the Clinic Framework.